

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>JANUARY 2016</h1>				1 <b>CLOSED FOR NEW YEARS DAY</b>
4 9:00 am...Chair Yoga 12:30 pm...Bridge 12:30 pm...Mah Jongg 6:45 pm...Duplicate Bridge	5 9:00 am...Senior Strength I 10:00 am...Senior Strength II 1:00 pm...Ladies Bridge 1:00 pm...Chorus	6 9:00 am...Chair Yoga 10:00 am...Knitting 10:00 am...Beginner's Bridge 10:00 am...Line Dancing 12:30 pm...Bridge 1:15 pm...Shopping	7 9:00 am...Senior Strength I 10:00 am...Senior Strength II 10:30 am...Blood Pressure 1:00 pm...Bingo 1:15 pm...Shopping	8 9:00 am...Zumba Gold 9:00 am...Benefit Rep 10:00am...Scrabble Club 1:00 pm...Yoga
11 9:00 am...Chair Yoga 12:30 pm...Bridge 12:30 pm...Mah Jongg 6:45 pm...Duplicate Bridge	12 9:00 am...Senior Strength I 10:00 am...Senior Strength II 10:00 am...Current Events 1:00 pm...Chorus	13 9:00 am... Chair Yoga 9:45 am...Beginners Bridge 10:00 am...Knitting 10:00 am...Line Dancing 12:30 pm...Bridge 1:15 pm...Shopping	14 9:00 am...Senior Strength I 10:00 am...Senior Strength II 10:30 am...Blood Pressure 1:00 pm...Bingo 1:15 pm...Shopping	15 9:00 am... Zumba Gold 9:00 am...Benefit Rep 10:00 am...Scrabble Club 1:00 pm...Yoga
18 <b>CLOSED for MARTIN LUTHER KING, JR DAY</b>	19 9:00 am...Senior Strength I 10:00 am...Senior Strength II 1:00 am...Ladies Bridge 1:00 pm...Chorus	20 9:00 am...Chair Yoga 10:00 am...Knitting 10:00 am...Beginner's Bridge 10:00 am...Line Dancing 10:15 am...Faces and Places 12:30 pm...Bridge 1:15 pm...Shopping	21 9:00 am...Senior Strength I 10:00 am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping	22 9:00 am...Zumba Gold 9:00 am...Benefit Rep 10:00 am...Scrabble Club 1:00 pm...Flowers for Everyone 1:00 pm...Yoga
25 9:00 am...Chair Yoga 10:15 am...Artist in You 12:30 pm...Bridge 12:30 pm...Mah Jongg 2:30 pm...Egret's Landing Café 6:45 pm...Duplicate Bridge	26 9:00 am...Senior Strength I 10:00 am...Senior Strength II 1:00 am...Current Events 1:00 pm...Chorus	27 9:00 am... Chair Yoga 10:00 am...Knitting 10:00 am...Beginner's Bridge 10:00 am...Line Dancing 12:30 pm...Men's Bridge 1:15 pm...Shopping	29 9:00 am...Senior Strength 10:00 am...Senior Strength II 10:30 am...Blood Pressure 1:00 pm...Bingo 1:15 pm...Shopping	<u>Places and Faces at RISD</u> Saturday, 1/23/16 at 10:15 am Saturday, 1/30/16 at 10:15 am

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<b>JANUARY 2016</b>		<i>To reserve a meal, please call the Senior Center by noon the day before.</i>	<i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</i>	<b>1</b> <b>CLOSED</b> <b>Happy New Year!</b>
<b>4</b> Beef Barley Soup <b>Meatloaf with Gravy</b> Mashed Potatoes Mixed Vegetables Chocolate Pudding <i>(Honey Ham with Cheese on Rye)</i>	<b>5</b> Pasta and Bean Soup <b>Chicken Leg Quarter</b> Baked Potato with Sour Cream California Blend Vegetables Diced Peaches <i>(Egg Salad on Oatmeal)</i>	<b>6</b> Chicken Escarole Soup <b>French Meat Pie</b> Potato Puffs Sliced Carrots Fresh Fruit <i>(Turkey and Swiss on Wheat)</i>	<b>7</b> Split Pea Soup <b>Baked Ham w/Pineapple Glaze</b> Mashed Sweet Potatoes Green Beans Oatmeal Cookies <i>(Chicken Salad on a Roll)</i>	<b>8</b> Clear Chowder <b>Seafood Newburg</b> Seasoned White Rice Capri Blend Vegetables Ice Cream <i>(Pastrami and Swiss on a Roll)</i>
<b>11</b> Chicken Soup <b>Kielbasa with Mustard</b> Boiled Potatoes Cabbage & Carrots Coffee Cake <i>(Seafood Salad on a Roll)</i>	<b>12</b> White Chowder <b>Crab Cake with Tartar Sauce</b> Crispy Potatoes Cole Slaw Ice Cream <i>(Grilled Chicken on a Bun)</i>	<b>13</b> Kale and Bean Soup <b>American Chop Suey</b> Elbow Pasta Tossed Salad w/Dressing Vanilla Pudding <i>(Italian Tuna on Italian Bread)</i>	<b>14</b> Cranberry Juice <b>Pot Roast with Gravy</b> Garlic Mashed Potatoes Winter Blend Vegetables Biscotti and Fresh Fruit <i>(Turkey Salad on Multi Grain)</i>	<b>15</b> Chicken Barley Soup <b>Chicken Marsala</b> Seasoned Shells Vegetable Medley Pear Slices <i>(Corned Beef on Rye)</i>
<b>18</b> <b>CLOSED</b> <b>for</b> <b>MARTIN LUTHER</b> <b>KING, JR</b> <b>DAY</b>	<b>19</b> Orange Juice <b>Fruit Stuffed Pancakes (2)</b> Sausage Tomato Slice Fresh Fruit Cup	<b>20</b> Tomato Soup <b>Hamburger on a Bun</b> RI Grown Potato Salad 3-Bean Salad Sports Bar <i>(Hot Dog on a Bun)</i>	<b>21</b> Red Chowder <b>Airline Chicken</b> Mashed Potatoes Broccoli Cuts Frosted Cupcakes <i>(Tuna on Wheat)</i>	<b>22</b> Vegetable Soup <b>Florentine Fish</b> Wild Rice Sliced Carrots Fresh Fruit <i>(Meatloaf on 12-Grain Bread)</i>
<b>25</b> Minestrone Soup <b>Grilled Chicken</b> Caesar Salad with Croutons Pineapple Chunks Garlic Bread <i>(Bologna and Cheese on Wheat)</i>	<b>26</b> Lentil Soup <b>Stuffed Pork Chop</b> Ratatouille Mandarin Oranges <i>(Shrimp Salad on a Roll)</i>	<b>27</b> Chicken Soup <b>Liver and Onions</b> Oven Roasted Potatoes Mixed Vegetables Fresh Fruit <i>(Chicken Salad on Wheat)</i>	<b>28</b> Venus de Milo Soup <b>Meatballs with Sauce</b> Penne with Sauce Asparagus Spumoni <i>(Italian Grinder)</i>	<b>29</b> Chili Soup <b>Turkey with Gravy</b> Mashed Potatoes Butternut Squash Vanilla Pudding <i>(Honey Ham on Wheat)</i>